

KEY FEATURES

- Powerful 16mm percussive massage therapy scientifically proven to maximize warm-up, decrease muscle fatigue and improve recovery
- OLED screen with 5 speeds that displays real-time speed and force
- Save 3 of your favorite speed and time settings from the Therabody app to your device for easy access
- Premium, high-quality materials in a sleek, elegant design with USB-C charging
- Unparalleled reliability with up to 60 lbs. of no-stall force
- 5 scientifically designed attachments to target different areas: Dampener, Standard Ball, Thumb, Micro-point + Wedge
- Patented triangle grip to reach more of your body than other devices
- Bluetooth connected to the Therabody app for step-by-step guided routines and device customization

HOW TO GUIDE

Turning on your device

1. Firmly press and hold the center button on the button pad.
2. Press the plus (+) and minus (-) buttons on the button pad to increase or decrease speed.
3. Press the left (<) and the right (>) arrows on the button pad to toggle between the pre-loaded treatment presets.
4. To turn off, firmly press and hold the center button on the button pad until the device shuts down. Note: We recommend no more than two minutes of continuous use in any one spot.

Connecting attachments

Align the attachment with the tip of the arm and push to connect. To remove, grip the attachment placing one finger on each side of the plastic connector. Pull off the attachment while the device is off.